

# City of Garland Health Department

## Public Health Notice

May 20, 2016

### Travel-Related Zika Virus Infection Has Been Identified in Garland

On May 20, 2016, the Garland Health Department (GHD) received confirmation of the first case of Zika virus in Garland. Based on CDC guidance, the infected individual was tested for the Zika virus because she is pregnant and has recently traveled to a country with local transmission of Zika. There is **no local threat of transmission** in our area because the infected individual did not return to Garland during the disease phase when she was capable of transmitting Zika via mosquitoes.

Zika virus is generally spread person-to-person through the bite of the *Aedes* mosquito species. These mosquitoes are aggressive daytime biters that typically lay eggs in artificial containers (buckets, bowls, animal dishes, vases, flower pots, etc.). Since there is no vaccine or cure for Zika, prevention is paramount. Protect yourself, your family, and your neighbors through practices that prevent mosquito-borne diseases (including Zika, West Nile Virus, Chikungunya, and Dengue).

#### **Prevention Measures:**

- **DEET** all day, every day. Use insect repellants that contain DEET. Always follow label instructions.
- **Dress** to prevent mosquito bites. Wear light-colored long sleeves and pants whenever outside.
- **Drain** and remove all standing water near your home, especially artificial containers. Report any standing water that you cannot drain to the GHD at 972-205-3720, via email at [EnvHealth@GarlandTx.gov](mailto:EnvHealth@GarlandTx.gov) or via the [eAssist app](#).

GHD encourages individuals traveling to areas where local transmission is occurring to protect themselves against mosquito bites, and to contact their healthcare provider immediately if they develop Zika virus-like symptoms. Common symptoms of Zika virus are fever, rash, joint pain, and conjunctivitis (red eyes). Illness can last several days to a week and severe cases may require hospitalization. Only one in five individuals experience symptoms. More importantly, Zika virus has been associated with birth defects including microcephaly and fetal losses.

For additional information on Zika virus or other mosquito-borne diseases, visit the [GHD webpage](#) or the [Centers for Disease Control and Prevention](#).

<http://www.garlandtx.gov/gov/hk/health/default.asp>  
(GHD)

<http://www.cdc.gov/>  
(CDC)

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(eAssist app)